Notes about Human Body System & Nutrition [Medical & Therapy Certifications][Version -1]

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Abstract

We are studying the Human Body as a System with its Nutrition Requirement as energy pre-requisites & necessities (here-1, here-2, here-2). We find out that it is possible to submit our daily nutrition requirements to some restaurants & Jounals : this practice is called Dietary Requests with Accomodations.

1 Introduction

The Human Body is viewed as a System with his Robot Framework here, here.

Read more about the **theory of systems**:

The Theory of system suggests that each object within a system allow its own Robot Framework that allows flexible automation and Process automation.

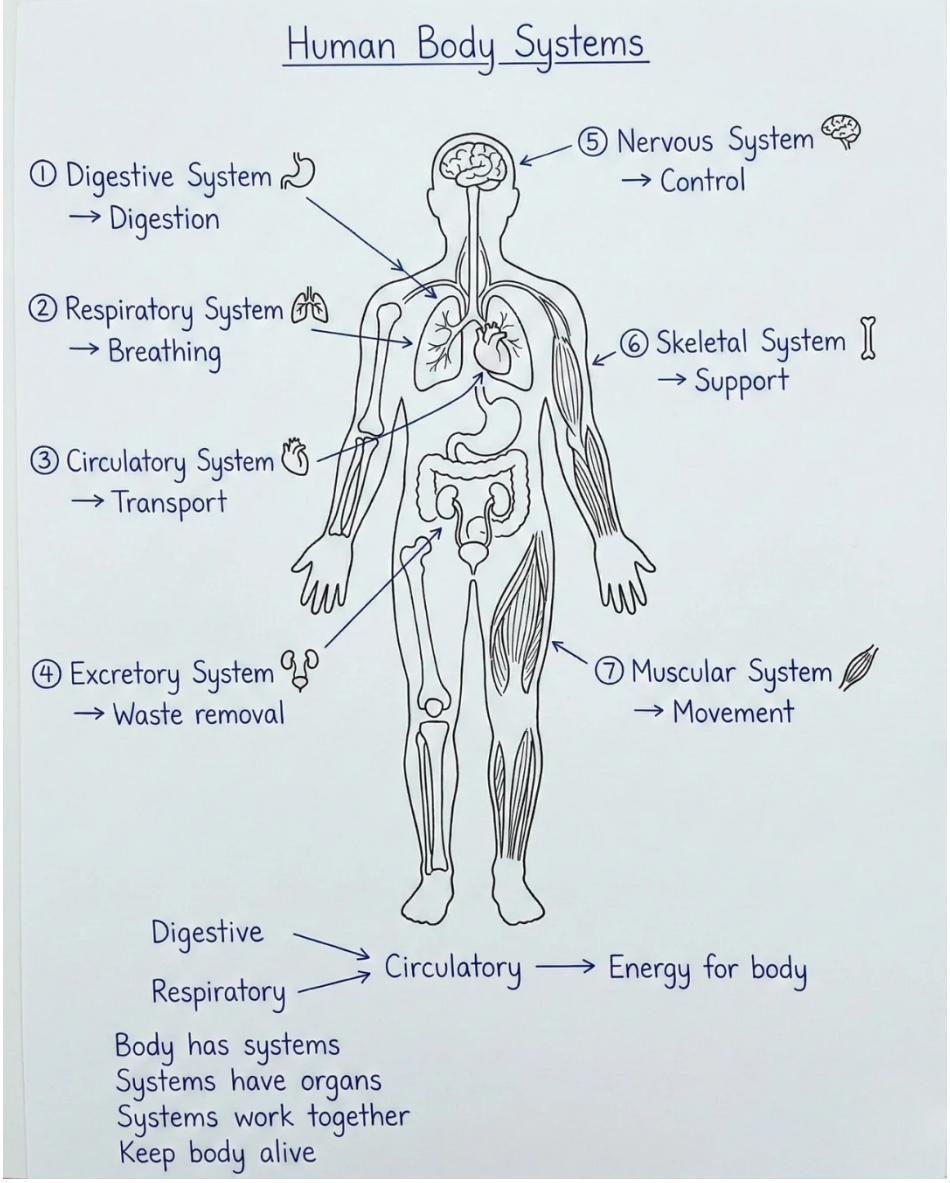

Figure 1: Human Body System Description, here

This definition refers also to object-oriented design with multi-agent system theory. The stomach of Human body is treated as a unit component, with different states, behaviors, with interaction to other objects: Foods Nutrition, toilets, Housing, Restaurants, etc.

Our Highlights will include the Dietary Reference Intake Tables, here, The British Nutrition Recommendation for Men, here, The University Hospital, here, The Nutrition Recommendation Databases of the National Institute of Health, here, The Nutrition Goal Table for each each age, here, The Mayo Clinic Health System, here, The Global Database of the Implementation of Food and Nutrition Action, here, The Nutrition Source of the Havard School of Public Health, here, Eat for Health Nutrition Calculator, here, U.S. Food & Drugs Supplement Facts labels, here, here, The Health-Hub Dietary Allowance, here, The NHS Eat Well Guide, here, The Cleverland Clinic Health Essentials, here, The Public Health England House, [psi@nationalarchives.gsi.gov.uk], Bistro MD Guidelines, here, THe National Agriculture library, here, Alberta Senior Health Services, Sanitas Medical Nutrition Center for Older Men, The Nebraska Recommendation for Adults, BBC Good Food Istanbul Vibe, The United Health Care, Aging Care Guidelines for 51 and Older, here, The Chesapeake Regional HealthCare, etc.

References are available: [SKB98], [PN09], [vOvdBdH+17], [BFF11], [RSB25], [dGFDR+09], [SH11], [CL05], [BCE+05], [Lei18], [SBH19], [GGL+16], [JJGT09], [Law91], [EBCSP19], [Wei09], [VB14], [KR81], [WRC+19], [RBG+23], [GSSF05], [NB97], [Mar10], [WD08], [Ins14], [ASA+19],

We may submit this paper to Journal of The Academy of Nutrition and dietetics, Open Academia, The Journal of Nutrition and food Science, here, The Wiley Nutrition and Dietetics, here, The Springer Nature Nutrition Journal, here.

1.1 Some basic Nutrition fact Sheets

Based on the Nebraska Sheets, here, we need table 1c, as reference of our Daily Calories need:

		Physical Activity Level[b]		
Gender	*Age (Years)*	*Sedentary*[c]	*Moderately Active*[c]	*Active*[c]
Femaled	$19-30$	$1,800-2,000$	$2,000-2,200$	$2,400$
	$31-50$	$1,800$	$2,000$	$2,200$
	$51+$	$1,600$	$1,800$	$2,000-2,200$
Male	$19-30$	$2,400-2,600$	$2,600-2,800$	$3,000$
	$31-50$	$2,200-2,400$	$2,400-2,600$	$2,800-3,000$
	$51+$	$2,000-2,200$	$2,200-2,400$	$2,400-2,800$

Table 1: Estimated Calorie Needs Per Day by Age, Gender, and Physical Activity Level

(a) Based on Estimated Energy Requirements (EER) equations, using reference heights (average) and reference weights (healthy) for each age/gender group. For children and adolescents, reference height and weight vary. For adults, the reference man is 5 feet 10 inches tall and weighs 154 pounds. The reference woman is 5 feet 4 inches tall and weighs 126 pounds. EER equations are from the Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Washington (DC): The National Academies Press; 2002

(b) Sedentary means a lifestyle that includes only the light physical activity associated with typical day-to-day life. Moderately active means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life. Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

(c) The calorie ranges shown are to accommodate needs of different ages within the group. For children and adolescents, more calories are needed at older ages. For adults, fewer calories are needed at older ages. dEstimates for females do not include women who are pregnant or breast-feeding. Source: Dietary Guidelines for Americans, 2010.

1.2 Some Restaurants [here]

We will focus on Dominos Pizzas Restaurants, `https://www.dominos.ca/en/`, as their Nutrition Guide is available : here, here, here, here.

As for example, take the October 2012, Dominos Pizzas Example: here, Page 2, [in our paper, please read table 2], an entire small pizza with cheese corresponds to 260 calories[1]. We need up to 10 units of small pizzas

[1] During the edition of this document, we use The rowcolor Commend, and `https://www.underleaf.ai/`.

Recommended Pizza Serving Sizes: Small		**Weight (grams)**	**Calories**	**Calories from Fat**	**Fat (grams)**	**Saturated Fat (g.)**	**Trans Fat (grams)**	**Cholesterol (mg.)**	**Sodium (milligrams)**	**Carbohydrates (g.)**	**Fiber (grams)**	**Total Sugars (g.)**	**Protein (grams)**
Crunchy Thin Crust	$\frac{1}{4}$ pizza												
Hand Tossed	$\frac{1}{6}$ pizza												
Handmade Pan Pizza	n/a												
Brooklyn Style	n/a												
Gluten Free Crust	$\frac{1}{6}$ pizza												
Build Your Own Pizza:		**Amount for Entire Small Pizza**											
Crust	Hand Tossed	318	820	170	19	4.5	0	0	930	139	5	7	25
	Crunchy Thin Crust	128	490	170	19	3	0	5	85	67	3	4	12
	Pan Pizza	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
	Brooklyn Style	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
	Gluten Free Crust	176	520	140	16	2.5	0.0	0	440	91	3	6	5
Sauce	Robust Tomato	85	50	0	0	0	0	0	450	10	2	6	2
	BBQ	43	80	0	0	0	0	0	310	17	1	15	1
	White Garlic Parm	43	190	180	20	3.5	0	10	340	2	0	1	1
	Marinara	85	50	15	1.5	0.5	0	5	530	8	1	5	2
Cheese for entire hand tossed	Regular Cheese	99	260	180	20	12	0.5	75	870	5	1	1	16
	Cheese Only Pizza	142	380	250	28	17	1	105	1250	8	1	1	23
	Extra Cheese (w/ toppings)	142	380	250	28	17	1	105	1250	8	1	1	23

Table 2: A small Domino pizza with cheese Nutrition Description, here

with regular cheese to reach the requirements of 2400 calories for a Moderately active level of Health Physical Body per day.

Some Nutritions Certifications are available to reinforce your relationship with the Restaurants : Ecare Nutrition Program, here, Medical Therapy Program, Pesi Canada Certifications, NorthWestern University Programs, Humber Polytechnic Programs, Nutritional Therapy Association, The Nutrition Institute of Canada, The Health Coach Institute , Functional Medicine Coaching Academy, The International Sports Science Association, Institute for Menstrual Health, Evergreen Certifications, here, Functional Nutrition Academy, Intuitive Eating Certifications, Certified Nutritional Physical Therapist (CNPT), University of BridgePort Certifications, Online Dietitians, McMaster University Certifications, The health Science Academy, Registered Dietitians foundation, here too, Rhodes Wellness College, Registered Orthomolecular Health Practitioner Designation, Natural Nutrition Diploma Program, read more [here], etc.

1.3 Thank you for your attention!

We hope you find This introductory useful, and do take a look at our Preprint on the Universe as a Program for more tutorials and user guides! Please also let us know if you have any feedback using the Linkedin Link https://www.linkedin.com/in/nonvikan-karl-augustt-alahassa-42b4a957/.— more works is available here . Great Thanks! (We are also writing a book on Statistics: here or here, Another One of Geometry and Differential Equations, here, all are coming. Please Check other zenodo reports). We will never forget Professor Gabriel Avossevou, Wilfrid Gangbo, Madame Toudonou, Professor of Geography and Land History – Ecole Normale Superieure of Porto-Novo, College Application, Professor Ahandagbe of Biology – Ecole Normale Superieure of Porto-Novo, College Application, Professor Atindogbe Cyriaque – IMSP, Professor Guy Degla, Professeur Jean Chabi Orou (Ecole Normale Superieure of Natitingou), Professeur Raphael Kelani (rkelani@gmail.com – Ecole Normale Superieure of Natitingou, read here), Recteur Akpona Simon of Parakou University , Professor Bouraima of Philosophy – from Ecole Normale Superieure of Porto-Novo, College Application, Professeur Chabi of Lycée Militaire des Jeunes filles de Natitingou, Rodolphe – kinesiologist (allied with our Parents Koovi & Patricia), etc. We keep some records of some classmates Facebook profiles on this link here (Jean-Marie Yalinkpon, Gaétan Kinifo, Kpéhoundé Igor, Olivier Tokpanou, Casimir Raymond Teffo, Ephraim Medegan Flaga, Casimir Takpiti, Bebada Rodrigue, Aurlus Sogbossi, Théophile Agbedjiko, Alain Togbenon, Thibault Houngue, Soliou Gbadamassi, Marius Midomide, Samuel Gbeya, William Ahossi, Akim Yorede, Firmin Zagbo, Henry Abadji, etc.). Boris Kougnimon – from Ecole Normale Superieure of Porto-Novo, College Application. The coming list are for some classmates from [ENSAE Dakar]: Souleymane Bognini, Celestin Semevo, Kayode Romaric, Zacharya Souli, Ulrich Faycal Sawadogo, Abdou Haki Maoude, Aliou Mballo Senzala, Jean-Claude Kabore, Joel Kazoule, Khadim Dia, Kokou Abah, Yaya Diallo, Ali Yedan, Hospice Dossou-Yovo, Nixon Koudakpo Kodjo, etc. We do remember some LDS Church relations as Well: Derlin Murray Pierre, Raymond Lallemant, etc. In Ecole Normale Superieure of Porto-Novo, College Application, we can remember Sinsin Corine Laurenda, here-15, here-16, Roseline Olory, Kiki-Sagbe Aina Mirange, Gbènahin Ninon Raïssa AMOUSSOU [read here], Rixte Lantonkpode, Iris NgonKen Caline, Christelle Amoussou [Her facebook Profile was Thaila Amoussou, here, or here], Akpata Abioro Dimitri (lorddisick63@gmail.com), Rhode Ahlonsou (rhode.ahlonsou@gmail.com), Djoffon Morel (djoffonmorel@yahoo.com) [here-17-3], read here also, Khamil Osseni, Yessoufou Nourou Dine, Camille Abattan, Hildever Ahlonsou, etc.

Other General Quotes and Citations are here: Lucien Sagbo [ENSAE Dakar], Alex Spiridigliozzi [Hec Montreal], Carlos Akakpovi [ENSAE Dakar], Kayodé Romaric Agnomi [ENSAE Dakar], Alexandre Judicael [Ecole Normale Superieure de Natitingou], Alexandre Amoussou-folly [Ecole Normale Superieure de Natitingou], Zinsou Max Debaly [ENSAE Dakar].

More photos are available here, and here, for: Aurlus Sogbossi [Ecole Normale Superieure de Natitingou], Davo Appolinaire [Ecole Normale Superieure de Natitingou], Narcisse Houssa-Gansi [Ecole Normale Superieure de Natitingou], Djabarou Issotina [ENSAE Dakar], Zacharia Souli [ENSAE Dakar], Cheick Diouf [ENSAE Dakar], Armand Coulibaly [ENSAE Dakar], Emmanuel Tago [ENSAE Dakar], Arnaud Lion [Hec Montreal], Lawson–Joel [Colocataire dans la Ville de Porto-Novo], Yves-Codjo [Colocataire dans la Ville de Porto-Novo], Komlan Alain Zogbe [Ecole Normale Superieure de Natitingou], Moudachirou Oumarou (he is here in Canada)[ENSAE Dakar], Akim Korede Oyere[Ecole Normale Superieure de Natitingou], Nourou Deen Abdou[Ecole Normale Superieure de Natitingou], Yaya Diallo (he is here in Canada)[ENSAE Dakar], Fadel Boukari [Ecole Normale Superieure de Natitingou], Fadel Zime [Ecole Normale Superieure de Natitingou], Pomanlegni Fiacre, Ferdinand Fatchehoun [Ecole Normale Superieure de Natitingou, he went to Ecole Normale Superieure de Porto-Novo too], Romeo Dah Lokonon [Ecole Normale Superieure de Porto-Novo], Gerardo Maroya [Ecole Normale Superieure de Porto-Novo], Alexandre Patoum Counde[Ecole Normale Superieure de Natitingou], Jack Ligane Sène[ENSAE Dakar], Khadim Dia[ENSAE Dakar], Lizette Escobar [LDS Church], Patrick Agbo[Ecole Normale Superieure de Natitingou], Elder Patrick Lauder[LDS Church], Edrice Gresseau [Restauration Jamacaine - Canada], Christelle Hounkonnou, Stam Sossou Ahinon[Ecole Normale Superieure de Natitingou], Omer Michihoun[Ecole Normale Superieure de Natitingou], Beaudelaire Gnavo[Ecole Normale Superieure de Natitingou], Jhonel Louis Jean[LDS Church], Jonathan David[LDS Church], Ridouanala Massaoudou [Polytechnique Montreal], Samson Kagmatche[Doctor, Professor & Safety Agent of Zum Residences Montreal], Johnny Shakamay[LDS Church], Anders Eklund[LDS Church], etc.

Remembering our Primary (High) School, College Les JAMBETTES of Porto-Novo (in Benin, here-13-1, here-13-2, here-13-3), we can add more classmates names:

- Nazaire, Fadel, Michael Wadagni, Bonheur Sokenou, Esperant Abokou, Boko Ulrich, Mechak [we have met Only in Summer School], Chadrak [we have Only in Summer School], (Mechak & Chadrak are twins from the same mother), Iskine, Canine Olafa (a girl), Gbènahin Ninon Raïssa AMOUSSOU, Ludovik Afanou [a girl], (**Ludovik Afanou and Boko Ulrich came to Senegal, we have met and have visited each other**), Loick Tokpessi (he is currently in Canada, here), etc. Sometimes, {Ludovik Afanou} was also called kindly {Ludoruth Afanou}.
- The Mother of Boko Ulrich was once in the past the Director of College Les JAMBETTES of Porto-Novo. We will give more information about the different Directors we have met in those times by the past.
- Other Closed families can be quoted, here-17-1, or here-17-2: Koumagnon, Boko, Radji (we have met with Namaou Radji in Senegal, here), Corneille Onidogni, Hounto Ronel, Hounto Inès, Bamigboche, Monsieur Sourou Barthélémy DANSOU de la DESG[Director of Lycee Militaire des Jeunes filles de Natitingou][close to our family][here]. We sent our Greetings Notes to Silifatou Bouari, here. Of course, we have memories of Agbomenou families, Romain Agbomenou, Francois Xavier Agbomenou, Judith Agbomenou, Firmine Agbomenou, etc.
- We truly regret the situation of many of our families uncles and grandfathers/grandmothers, have passed, we still do not beleive if this is true or not!, `https://fr.wikipedia.org/wiki/Damien_Zinsou_Alahassa` (for example). We need to get in touch with them, Yannick Alahassa, (`https://www.facebook.com/yannfaith`), Arielle Alahassa (`https://www.facebook.com/arielle.alahassa`), Fifame Alahassa (`https://www.facebook.com/bibiane.debamako.9`), Hillary Alahassa (`https://www.facebook.com/hillarydoheto/about`), Cedric Alahassa, etc.
- Two Important incidents happened when we were kids: Gwladys Enagnon Alahassa had an incident with someone on the road driving a bycicle [we were playing on a sable of construction, figure 2, we were present during the event], and they drive her in Hospital Louis Pasteur or [Hopital El Fateh] [We can verify later]. We were living near Les Jambettes College. Personnaly, I had a hard experience when we were kids when taking a bath, I broke my skull nuke, and father Hounto, our neighbor, drive me in my Mother Hospital. Ouando Clinic Hospital.

Figure 2: Construction Sable

1.4 Contributors & Authorship

We are inspired by the Washington Program of Art & Study, `https://artsci.washington.edu/`, we are currently applying, read here.

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